



# BEWELL

NOVEMBER 2021 BROCHURE



NOVEMBER 2021 BROCHURE  
@ BEWELL LONGFORD

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# A NOTE FOR BEGINNERS TO YOGA & GROUP MOVEMENT SESSIONS

At present, all of our yoga and movement sessions are suitable for Beginners.

If you see 'strong', 'dynamic' or 'intermediate' in the title, that means an element of physical fitness/strength is useful!

This is new for all of us. So, don't be shy... Drop an email, text or give a call so we can point you towards the best class 'fit' for you.

And remember, Yoga is suitable for absolutely everyone. @ BeWell we have a class to suit everyone's needs & goals.



# YOGA & GROUP MOVEMENT WEEKLY SESSIONS

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## MONDAYS

- 10.00-11.00** Yoga for All - Marta
- 11.30-12.30** Chair Yoga - Marta
- 19.00-20.00** Vinyasa Flow - Miriam
- 20.30-21.30** Gentle Relax Yoga - Miriam

## TUESDAYS

- 07.00-08.00** Morning Yoga Flow- Caroline
- 10.00-11.00** Yoga for Beginners - Caroline
- 17.30-18.30** Mindfulness - Kristina
- 19.00-20.00** Beginner Yoga - Marta
- 20.15-21.15** Intermediate Yoga - Marta

## WEDNESDAYS

- 10.00-11.00** Beginners Mat Pilates - Riona
- 11.30-12.30** Clinical Pilates - Riona
- 17.30-18.30** Flow Yoga (Strong) - Emma
- 19.00-18.00** Unwind & Restore Yoga - Emma
- 20.30-21.30** Pilates -Lisa



## THURSDAYS

- 10.00-11.00** Vinyasa Flow Yoga - Miriam  
**17.30-18.30** Prenatal Yoga - Therese  
**19.00-20.00** Yoga All Levels - Marta  
**20.30-21.30** Dry Land Surf Training -Kevin \*  
(\*New Coming Soon - Contact us for details)

## FRIDAYS

- 07.00-08.00** Early Bird Vinyasa Flow - Therese  
**10.30-11.30** Strong Mammias (Pre&Post natal)- Edel  
**19.00pm** Community Events

## SATURDAYS

- 8.30-9.30** Vinyasa Flow Strong - Miriam  
**10.00-11.00** Vinyasa Flow All Levels - Miriam  
**11.30-12.30** Children's Musical Mindfulness (Age 4-12)

## SUNDAYS

- 10.00-11.00** Yoga All Levels - Marta

## SOULFULL SUNDAYS

### Thematic Sunday pm Classes

**Attend both as part of a workshop series or one as a regular yet themed class...**

- 17.30-18.30** Spicy Winter Flow  
**19.00-20.00** Deep Unwind & Restore

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# COSTS & BOOKING FOR YOGA & GROUP SESSIONS



- 1 x Single Session €12
- Specialised Sessions €14-20
- 5x Sessions BeWell Bundle €55
- 10xSessions BeWell Bundle €100
- 20xSessions BeWell Bundle €180

Direct booking is available on:

**[www.bewell-yoga.com/longfordsessions](http://www.bewell-yoga.com/longfordsessions)**

or get in touch with us by phone on 085-285 5041  
and we will book you in.

# CHOOSING THE RIGHT TREATMENT FOR YOUR UNIQUE NEEDS AND GOALS...

We are so proud to curate and offer a multitude of holistic treatments from our beautiful treatment rooms @ BeWell Longford.

If you know you'd like to try out a holistic treatment but are not quite sure which one is for you, we are here to support.

Some treatments support with healing, others with balance in the mind body and spirit.

Some of these treatments are new to Longford. So, don't be shy... Drop an email, text or give a call so we can point you towards the best 'fit' for you and your wellness goals.

# TREATMENTS

## MONDAYS

**15.00-19.00** Full Body Massage (60Mins// €60)

**17.00-20.00** 1:1 Sound Treatment (60Mins// €60)  
Energy Healing (60Mins// €60)

## TUESDAYS

**09.00-14.00** Biokineseology (60Mins// €70)

Reflexology (60Mins// €60)

Biokineseology+Reflexology(120Mins// €130)

## WEDNESDAYS

**15.00-20.00** Full Body Massages

Swedish 60mins // €60

Deep Tissue 60mins // €70

Hot Stone 60mins // €75

Pregnancy 60mins // €60

Back Neck and Shoulders Massage

30mins // €40

40mins // €45

Oriental Head Massage (40 Mins // €45)

Foot Massage 30mins // €40

**17.00-20.00.** 1:1 Sound Treatment (60Mins// €60)

Energy Healing (60Mins// €60)



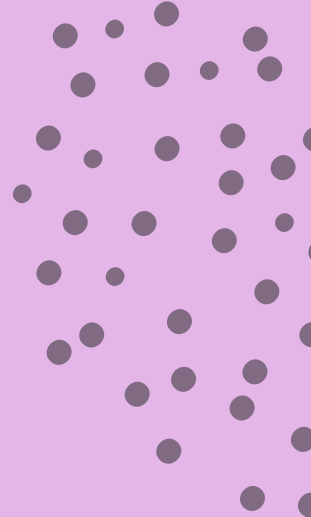
# TREATMENTS

## THURSDAYS

- 14.00-18.00**
- Swedish Massage
    - 60Mins// €80
    - 90Mins// €120
  - Lomi Lomi Massage
    - 60Mins// €100
    - 90Mins// €150
  - Lymphatic Drainage Massage
    - 40-60Mins// €80
  - Back Massage (60Mins// €70)
  - Maternity Massage
    - 60Mins// €90
    - 90Mins// €130
  - Reiki 60Mins// €60
- 18.00-20.00**
- Reflexology (60Mins// €60)



# TREATMENTS



## SATURDAYS

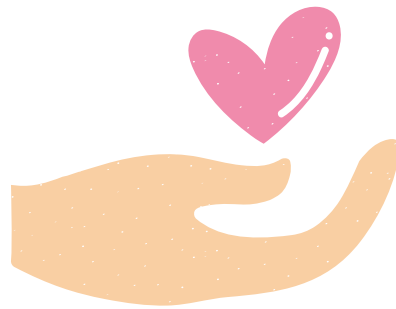
**10.00-15.00**

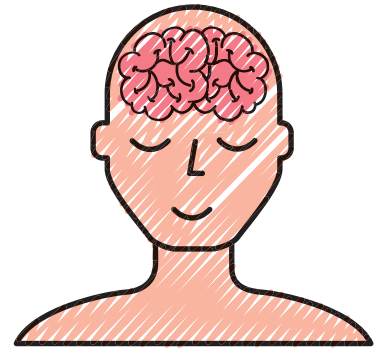
Full Body Massage (60mins // €60)

Hot Bamboo Massage (60mins // €60)

Full Body+Hot Bamboo Combination  
60mins // €60

Elderly/Senior Massage (60mins // €60)





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# BOOKING TREATMENTS

It's possible to browse our selection of treatments and send through an electronic booking request on:

**[www.bewell-yoga.com/longfordsessions](http://www.bewell-yoga.com/longfordsessions)**

or get in touch with us by phone on 085-285 5041 and we will help you set up your appointment.

# BEWELL COFFEE CORNER



We recently launched our Coffee Corner @ BeWell. Here it's possible to grab a yummy 'Cappucho', Latte Americano or Tea after class.

If you don't do caffeine you're in the right place...

For October/November we have delicious, grounding hand made Witch Hazel Loose Leaf Herbal Tea. Witch Hazel is full of healing properties including copper which aids to boost the immune system in colder weather.

We have recently added multiple flavours of locally sourced Handmade Craft Tea. This is something you just have to smell in the pouch to fully understand and appreciate! It's an absolute treat for the senses... Check out the aroma pouches in the coffee corner...

Our Handmade Craft Tea comes in an array of flavours and can be bought either by the cup after class or by the pack to enjoy at home.

We are super proud of our healthy snack options. Each week we have locally sourced handmade earthy energy balls, seasonal cakes and cookies. All vegan <3

# BEWELL



## breakfast

### Thursdays 8-10am

No time for a class but want to check out the studio and chat to one of the team about BeWell?

Swing by to BeWell Breakfast hosted by Kevin.

### **Thursdays 8-10am - November**

BeWell Breakfast is an informal meet up and chat which runs from 8am-10am on Thursdays in November.

This is your chance to check out the studio..have a tour... have a chat about everything we offer....

Our coffee corner is also open at the time so you can also grab a coffee, tea, or seasonal healthy breakfast snack.

All Coffee €2.50

All Tea €2.00

Swing by and ask Kevin anything you like about Yoga, Pilates, Mindfulness classes, Special Events, Holistic Treatments and more...

# SPECIAL EVENTS & WORKSHOPS

## NOVEMBER/DECEMBER

### **Gong SoundBath - Andy**

Fri. 19th Nov 19-20.00pm

### **Intimate Sound Ceremony -Kristina**

Fri. 26th Nov 19-20.30pm

### **Yoga Holiday to Fuerteventura - Marta**

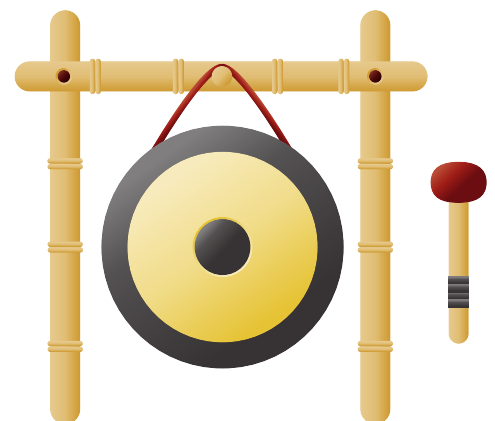
2nd Dec - 7th Dec.

### **Intimate Reiki Ceremony -Christine**

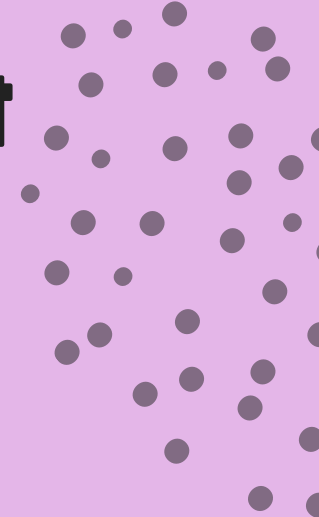
Fri. 3rd Dec. 19.-20.00pm

### **Gong SoundBath with Andy**

Fri. 10th Dec 19-20.00pm



# SPECIAL EVENTS & WORKSHOPS



## NOVEMBER/DECEMBER

### **Cacao Ceremony with Paula**

Sat 11th Dec 14.-17.00pm

### **Paint & Prosecco Workshop with Claire**

Sat 11th Dec 19-21.00pm

### **Specialised Yoga Workshop - Marta**

Sat. 18th Dec. 17.00-19.00pm

### **BeWell Surf Trip to Strandhill with Kevin**

Sat 18th Dec 10ish to 18ish

Your safety is our priority. As a result we operate with social distancing and limited numbers for session.

Special Events & Workshops tend to get booked up fast!

If you're interested in one of our upcoming workshops listed above drop us an email on [longford@bewell-yoga.com](mailto:longford@bewell-yoga.com) or text on 085 285 5041 so that we can support you with your booking.



First come, first served...

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# YOGA & HOLISTIC TREATMENTS

As much as we'd love to, we can't do Yoga  
all day every day!

Our beautiful space is available for rent for  
non yoga related events, workshops,  
classes, clubs, gathering etc.

To enquire, get in touch with us on  
[longford@bewell-yoga.com](mailto:longford@bewell-yoga.com)

or

085 285 5041

We cannot wait to welcome you to BeWell  
Longford.



**BEWELL  
LONGFORD  
TEAM**





# **BEWELL**

longford